

## **ABSTRACT**

A method for forming boards of foamable materials, includes preparing and heating two plastic materials and a foamable material which is disposed between the plastic materials. The plastic  
5 materials and the foamable material are then squeezed to form a board having two outer layers formed by the plastic materials, and an intermediate layer formed by the foamable material. An air or a foamable agent may be injected into the foamable material before conducting the squeezing process, in order to decrease the density  
10 and the weight of the foamable material and the boards. The air may be selectable from carbon dioxide, propane, or butane, or the like